

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Montecito, NV

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM				Tai Chi and Qigong online			
10:00 AM ~ 11:10 AM					Tai Chi and Qigong in-studio		
04:00 PM ~ 05:00 PM				Tai Chi and Qigong online			
06:30 PM ~ 07:40 PM					Tai Chi and Qigong in-studio		